

Observations & Experiences

Observations of conditions when [#?] appears. My experiences when [#?] appears.

[#?] = Appearance of a unique & unknown luminous image in the mind.

OPERATIONAL AND LATER DEFINITION [#?]

The [#?] is seen through the mind's eye. It can be seen with my eyes closed or my eyes opened.

The [#?] is a bright, luminescent, checkerboard-like design, of seemingly uneven proportioned red and white squares, possibly with a symbol inside each square, but the design of these symbols are not presently clear or discernible. [#?] seems less clear now. I remember seeing more definition to the irregular checkered square pattern in the past.

It is seen in a small circular disc of light in the mind. [#?] appears spontaneously and can also be somewhat consciously evoked.

At some point while compiling and writing this book (c.2022-2023) I was able to fixate [#?] in my mind's eye or my central field of vision so that it doesn't drift. It may be that I am increasing my focus—I'm not sure.^{A69} It still can drift, and fade away or disappear if I don't fixate it.

[#?] is seen or associated in adulthood with lightheadedness. Mood-altering chemicals have played some part in its appearance as an adult.

It is one design seen since childhood, though there may be aspects of the [#?] that have somewhat varied. For instance, the white part of the [#?] can sometimes seem to have a hue or tint. The checkered squares may or may not seem to vary; the proportion of red squares to white squares may or may not seem to vary. The aspects of the seeming symbols may or may not seem to vary.

End of OPERATIONAL AND LATER DEFINITION OF [#?]

I have seen [#?] outside looking at a full moon.^{A97}

I see [#?] at times when I urinate.^{A97}

[#?] appeared at A.A. meeting being held in a school classroom. There were fluorescent lights.^{A97}

I worked a long day at a farm. I was stressed out towards the end; things weren't going right.^{A98} I tried to do the best I could to finish up. (I had 7 cups of coffee and 7 cigarettes). I came in 6:40 pm, and shortly afterward it

got dark out. I laid down and took a short ½ hour nap. I lay there 15 minutes feeling a little refreshed and a little chilly. I went to take a shower. I let the shower spray hit me on the back of my head at the base of the skull and top of the neck. It was hot water.

Then, of its own volition the [#?] appeared against the white porcelain tub background. At first there was more red content, then more white content. It slowly faded away.^{A98}

Without consciously thinking of the previous night, the same thing happened the next night. The [#?] appeared on the shower curtain, which was blue, but transparent from the light of the room.^{A98}

Again, I was in the shower, 11 pm, tired. [#?] appeared in differing aspects [?not a still image]. I came to liken the [#?] to a biological culture of cells moving around under the eye of the microscope.^{A98}

I was watching TV, then I was looking at the TV. My mind was wandering, and I began staring at the TV, not watching the program. It was an old analog TV with a glass screen. I stared at the screen as if I was staring off into the distance. Maybe where the light from a window was reflected on the TV screen [#?] then happened.

[#?] appeared spontaneously. I was sitting at my residence. [#?] first appeared against the background of the back of a white wooden door maybe more and less straight ahead and eye level from where I sat—the door was ajar. As [#?] moved across my field of vision to the right (nearer to me), it seemed to get slightly larger, until it reached a shadowy area (end of the door hinged to the wall, and the beginning of a shiny white [enamel?] washing machine surface). When [#?] was at the shadowy area at the end of the door, it seemed to float there and/or moved slower. Then it seemed slightly smaller and resumed speed as it continued to move to the right across the surface of the washing machine (positioned at an angle to where I sat (somewhat perpendicular, 50 to 80 degrees up from a horizontal plane). After an unmeasured moment I viewed [#?] again at its original starting place on the door (positioned straight in front of me), seemingly the size it had become moving across the washing machine, with a somewhat lower parallel trajectory. As it moved again to the right across the door it reached the point between the door's inner edge and the washing machine (that shadowy area). [#?] again seemed to slow or hover/float for a bit over that shadowy area, before it again continued to move across the surface of the washing machine to the right.^{A22}

Physically, I had started drinking again after 30 days of being sober. I had been drinking on and off all day Sunday up to 1 am Monday. I had got up at 4 am. I had exercised and walked that Monday morning. I was light headed [difficult to describe] when [#?] appeared that day.

I was doing eye exercises—Eye Rolling.⁷¹ 1) You sit looking straight ahead. 2) Then you roll your eyes clockwise and blink. 3) Then you roll your eyes counterclockwise and blink. 4) Repeat Steps 2 and 3 four more times.⁷¹ While doing this eye exercise the [#?] appeared.^{A22}

I was laying out on the porch deck on my stomach getting some sun. My eyes were 2” from the deck board surface. Sun light was abundant. My eyes were closed. [#?] appeared. I pictured the deck boards (grayish, weatherworn,). I was temporarily uncertain about the distance to the deck boards right underneath me; I was

uncertain about the distance to [#?] for that matter [I may have been trying to figure out the distance to the [#?] with only 2” between my eyes and the deck, and focusing sometimes on [#?], sometimes on the deck boards, sometimes on the tiny things on the deck boards.]. As I was viewing this I was thinking that in some respects the deck board back ground was inconsistent, and the deck boards seemed like elements/aspects[?] of a dream that I could change by lucid dreaming.^{A22} Maybe I was manipulating my perception of them.

I was going to go for a walk.^{A23} I went outside with bug spray. With my eyes and mouth closed I sprayed lightly on my hair and then downwards around my neck. Then I sprayed a dab on my hand to apply (pat) on, behind, and around each ear. Then I sprayed a dab on my hand to apply to or pat my forehead, then I sprayed a dab to apply on or pat my left cheek, and then my right cheek, then my nose, my chin. During each application of a dab of bug spray to each of the aforementioned areas of the face, my fingers would press against each area. At the point of time I pressed my hand against a cheek, the [#?] began to appear.

I was doing some arm curls with a barbell, and as I was curling the barbell the [#?] again spontaneously appeared.

It was 2:33 P.M. I was a little tired.^{A23} I was going to do some exercises/stretchers. I got down on the floor and laid on my back (harder to do now that I am 60+ yrs. of age) to do a single-leg abdominal press. The [#?] appeared. I had become a little light-headed as I lay prostrate on the floor.

I was doing sit-ups when the [#?] appeared.^{A23}

My leg was bothering me.^{A23} I was rubbing my right leg and then I was rubbing my right foot. I rubbed the big toe, and then the tip of the toe; then I rubbed the next toe, and the tip of that toe; then I rubbed the middle toe and the tip of that toe. It was at that point that the [#?] spontaneously appeared. While I was rubbing the leg, foot, and toes, I had been sitting, bending forward with my foot on the floor, and with my head turned sideways to the right, looking off into the distance.^{A23}

I bit my lip. I didn’t see stars. The [#?] appeared.
